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| Mindfulness/Meditation Research at Melbourne University |

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| **Help us understand mindfulness/meditation!** Help researchers at the University of Melbourne to better understand the potential effects of mindfulness/meditation on health and happiness.  We are looking for participants, between **18-75 years of age**, living in **Australia, UK, or the US**, who plan to start or already have an active **mindfulness/meditation practice**.  **What you will do:**   * Start or continue to **practice mindfulness/meditation** (any practice inspired by or consistent with the general principles of paying attention to your experience, on purpose, in the present moment, with acceptance/non-judgment/discernment)
* Complete **3-9 surveys** totaling **25 minutes over 8 weeks (avg = 3min/week)**

 **Reimbursement**   * As you begin the study, you will be entered into a drawing for 1 of 10 electronic giftcards\* with value equivalent to **AU$100**.
* If you complete surveys through the first month (regardless of whether you continue to practice), you will be entered into another draw for 1 of 10 electronic giftcards\* with value equivalent to **AU$100**.
* If you complete surveys through the second month (regardless of whether you continue to practice), you will be entered into a final draw for 1 of 10 electronic giftcards\* with value equivalent to **AU$200**.

Additionally, you have the option to complete a personality measure (~ 2 minutes) at the beginning and at the end of the study. If you opt to do so, you will be entered into an additional draw for 1 of 10 electronic giftcards with value equivalent to **AU$50 at each time**.\*e.g., giftcards can be selected among GiftPay/Amazon/eBay/iTunes **To participate, follow this link:**  [https://melbourneuni2.au1.qualtrics.com/jfe/form/SV\_dnfZ2fW2KEijfYp](https://thecontemplary.us13.list-manage.com/track/click?u=293b3e5c042e646f31a6539dd&id=de4e3ba0cb&e=de088ec974) **Responsible Researcher:** Dr. Nicholas Van Dam, Melbourne School of Psychological Sciences, University of Melbourne (Tel: 8344 3644 E: nicholas.vandam@unimelb.edu.au)  Approved by the University of Melbourne Ethics Committee, HREC# 2056439   |

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